

5000IU/day the dose you should be getting to ensure your immune system is healthy

Ideally you should get your Vitamin D via Sun exposure in Australia you might only need around 10 minutes in Summer per day, to 30 minutes in Winter if you have fair skin with just your arms exposed although if you have darker skin you may need up to 6 times as long. if sun exposure produces slight pinkness, the amount of vitamin D produced in response to exposure of the full body is equivalent to ingesting 10,000-25,000 IU". IT was long ago demonstrated that Vitamin D3 prevents colds and influenza. the reduction in risk of acute respiratory infection induced by Vitamin D was on a par with the protective effect of the flu vaccine.

you can pick up even 2000IU capsules for only around 3c each (less-5c/day if you take 5000IU/day) it is vital for immune system function and for warding off effects of many illnesses. no overdose of Vitamin D in adults occurring when taking supplements under 40000IU per day long-term especially if you're drinking the recommended amount of water